

MADE BY REAL CHEFS

KEEP REFRIGERATED ONCE DEFROSTED
PLEASE REMOVE STICKER BEFORE HEATING



PORK BELLY BITES

BLACK BEAN PORK BELLY, SUSHI RICE, SEASONAL GREENS, CHILLI SOY SAUCE



Premium Quality



NZ Pork

400g

COOKING INSTRUCTIONS FROM FROZEN

OVEN

- 1 Preheat Oven to 180°C
- 2 Remove Plastic film, place container in oven for 20-25 mins.
- 3 Heating Instructions are guidelines only

MICROWAVE

- 1 Pierce the bag evenly across the tray
- 2 Heat on high for 4.5 minutes then rest for 2 minutes, Continue cooking for a further 1 minute
- 3 Check meal is hot and cooked evenly or continue further cooking to desired temperature

STORAGE INSTRUCTIONS

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 3 days.

INGREDIENTS

Pork belly (25%), Sushi Rice (37.5%) Japonica short grain rice, Black bean sauce (25%)[Sweet Chilli Sauce (70%), Salted chili peppers, fermented **soybean** paste (**Soybeans**, **wheat**), sugar, garlic, fennel, sesame oil, shallot, modified corn starch, lactic acid, Acetic Acid (1%), Flavour Enhancers (INS 621) 0.2%), (**Soy** Sauce (25%)[Vegetable Protein Extract (**Soy**/Maize)(31.5%), Molasses, Acidity Regulator (270), Coriander (5%)], Broccoli(6%), Bok Choy(6%), Spring Onion(0.5%), **Sesame** seeds.

Contains: Soy, Sesame, Wheat (Gluten).

Maybe present in production kitchen: Peanuts, Eggs, Tree Nuts, Fish, Shellfish (Crustacea & Molluscs), Lupen, Mustard.

NUTRITION INFO

SERVINGS PER PACKAGE: 1
SERVING SIZE: 400G

AVERAGE QUANTITY	PER SERVING	PER 100G
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ENERGY	2155kj	539kj
CALORIES	513cals	128cals
PROTEIN	19g	15g
FAT, TOTAL	33g	8g
-SATURATED	13g	3g
CARBS	35g	9g
- SUGAR	16g	4g
SODIUM	570mg	143mg

See FRESHCHEF.NZ for gluten and allergy info.